MARINE FORCES RESERVE

The following is a Health Promotion Brief brought to you by:
Marine Forces Reserve
Semper Fit
Health Promotions

MCCS MARINE CORPS Community Services

UNITED STATES MARINE CORPS SEMPER FIT SPORTS, RECREATION & FITNESS

Sexual Health & Responsibility

HIV Prevention

25 July 2012

MCO 1700.29

- **Chapter 4 – Health Promotion Programs**
- **Section 6 – Core Program Standards**
  - ***g – Sexual Health and Responsibility is a state of optimal health in relation to sexuality. Sexual health includes an understanding of sexuality and sexual relationships, sexually transmitted infections, and family planning.***

What is HIV (Human Immunodeficiency Virus)?

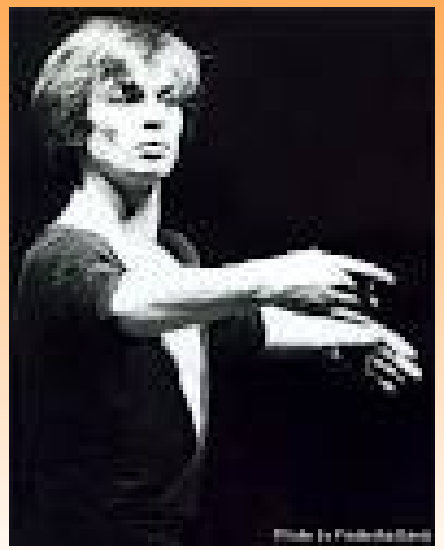
- HIV is the virus that causes AIDS
- No cure
- No vaccine
- 1 million Americans are living with HIV
- 200,000 don't know they are HIV positive
- 50,000 Americans are newly infected each year

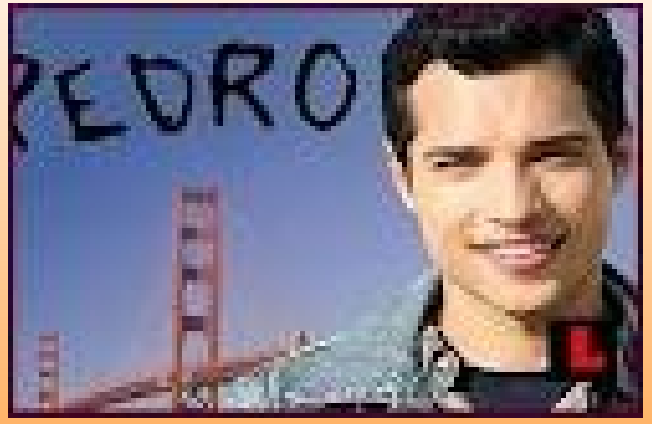
History of HIV

- HIV probably entered the US in 1970
- AIDS was first detected in 1981 in NY and CA
- In 1982, a 20-month old who had received blood transfusions died from infections related to AIDS
- By 1983, it became known that AIDS could be passed through heterosexual intercourse

History of HIV

- 1991 - Professional basketball player Magic Johnson announced he was HIV positive
- 1993 – Professional tennis player Arthur Ashe died
- 1993 – Russian ballet star Rudolf Nureyev died “from a cardiac complication following a cruel illness”
- 1994 – AIDS killed Pedro Zamora, famous for appearing on MTV’s “Real World”
- 1996 – Heavyweight boxer Tommy Morrison tests positive for HIV
- 1998 – Olympic diver Greg Louganis hits head on diving board




PEDRO

TOMMY
BoxingMemorabilia.Com

Overview

- Who is at Risk of Getting HIV?
- How Is HIV Transmitted?
- How Will HIV Affect My Life?
- How Can I Avoid Getting HIV?

Goals

Upon completion of this lesson, you will be able to:

- **Identify who gets HIV**
- **Identify how HIV is spread**
- **Identify how HIV can affect life**
- **Identify how to avoid getting HIV**

- **Who is at Risk of Getting HIV?**
- **How Is HIV Transmitted?**
- **How Will HIV Affect My Life?**
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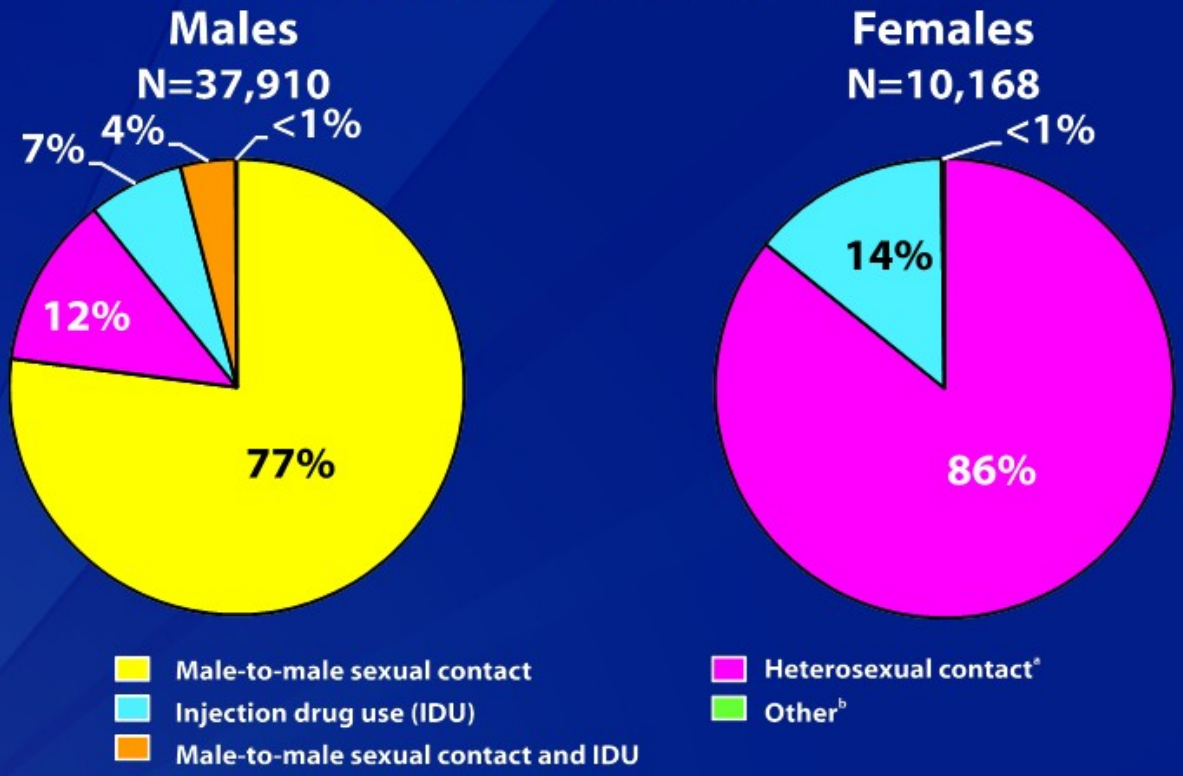
Who is at Risk of Getting HIV?

ANYONE EXPOSED TO THE VIRUS CAN BECOME INFECTED

- **Among men:**
  - **12% got HIV from sex with a woman**
  - **77% got HIV from sex with a man**
- **Among women, 86% were infected with HIV from having sex with a man**

Diagnoses of HIV Infection among Adults and Adolescents, by Sex and Transmission Category, 2010—46 States and 5 U.S. Dependent Areas



Note. Data include persons with a diagnosis of HIV infection regardless of stage of disease at diagnosis. All displayed data have been statistically adjusted to account for reporting delays and missing risk-factor information, but not for incomplete reporting.

[a] Heterosexual contact with a person known to have, or to be at high risk for, HIV infection.

[b] Includes hemophilia, blood transfusion, perinatal exposure, and risk factor not reported or not identified.

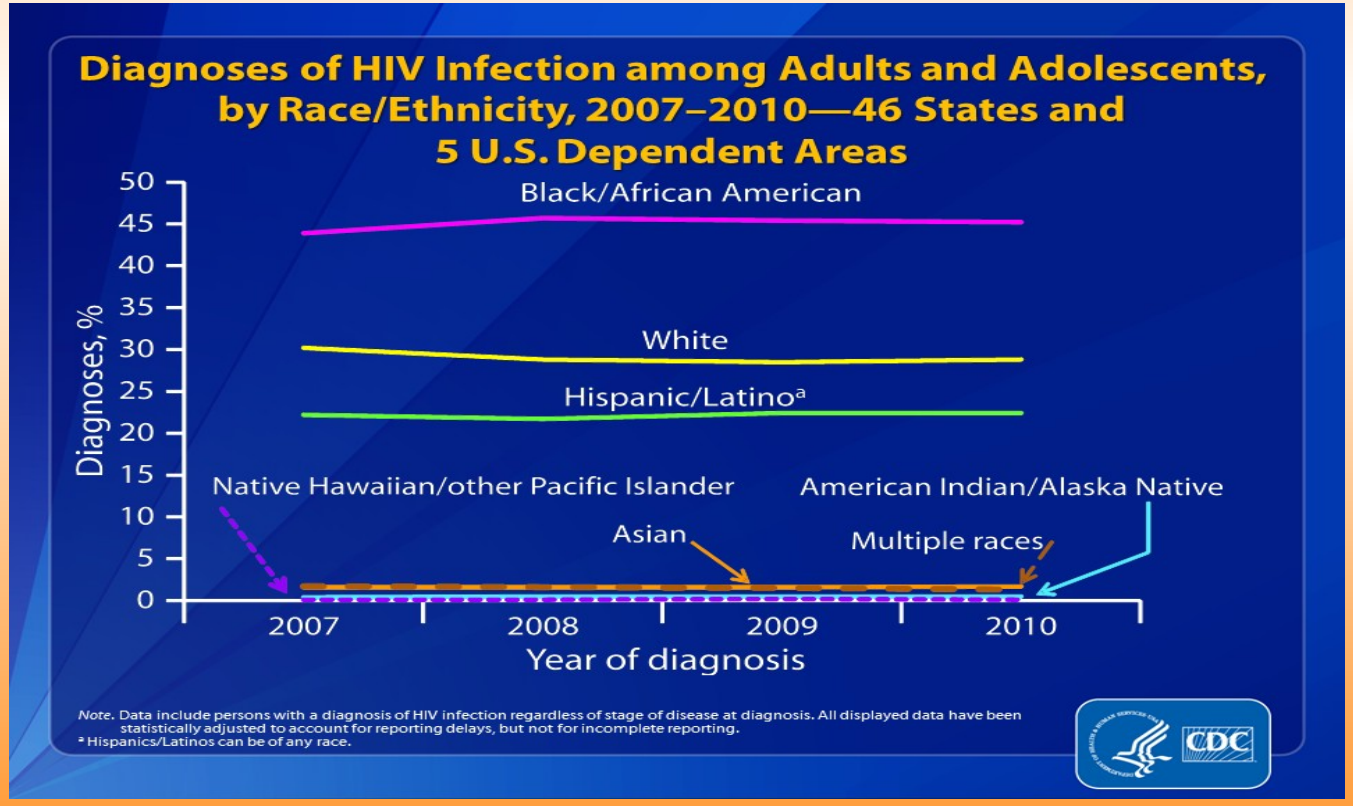
Who is at Risk of Getting HIV?

ANYONE EXPOSED TO THE VIRUS CAN BECOME INFECTED

- **African Americans**
- **Caucasian**
- **Hispanic/Latino**
- **Multiple races**
- **Asian**

Who is at Risk of Getting HIV?

- **In the U.S., African American men and women become infected with HIV at higher rates compared to Caucasian and Hispanic/Latino men and women, possibly because their sexual partners are also**



Who is at Risk of Getting HIV?
SAILORS & MARINES

- **Since 1985, nearly 6,000 active duty Marines & Sailors have become infected with HIV**
  - **85-100 newly infected each year**
  - **500 HIV positive members are currently on active**

Who is at Risk of Getting HIV?

- **Anyone who has sex with or shares needles with a person who has HIV can get HIV**

- **Officer and Enlisted Marines and Sailors have become infected regardless of their gender, sexual orientation and ethnicity**

- **In the US in recent years, 1 out of every 4 people newly infected with HIV is a … <u>WOMAN</u>**

  - **Active duty female Marines and Sailors do become infected with HIV but at lower rates than the general population**

Who is at Risk of Getting HIV?

- **Some people assume sex with a Marine or Sailor is "safe" because Marines and Sailors are tested regularly for HIV**

- **But this is a *myth* because…**
  - **Active duty members are only tested every other year**
  - **Testing alone does <u>not</u> protect a person from getting HIV**
  - **Sailors and Marines who get HIV may remain on active duty**

- ☑ Who is at Risk of Getting HIV?
- ☐ **How Is HIV Transmitted?**
- ☐ How Will HIV Affect My Life?
- ☐ How Can I Avoid Getting HIV?
- ☐

How Is HIV Transmitted?

THROUGH BODILY FLUIDS

- Semen
- Vaginal Fluid
- Blood
- Rectal (anal) mucous
- Breast milk

How Is HIV Transmitted?

Modes of Transmission in U.S.	
Most Common	**Less Common**
#1 – Unprotected sexual contact	**Blood transfusions (rare in US)**
Sharing needles	**During birth or breast feeding (rare in US)**

How Is HIV Transmitted?

- **All unprotected sex (no condom) is risky**
- **Whoever receives the fluids is at greatest risk, so…**
  - Receptive sex is riskier than insertive sex
- **Anal sex is riskier than vaginal sex**
- **Vaginal sex is riskier than oral sex**

How Is HIV Transmitted?

- **HIV is NOT transmitted through saliva, tears, hugs, handshakes or on the surfaces of inanimate objects like tools, telephones, toilet seats, etc.**

- **HIV is NOT transmitted through food, water or insects**

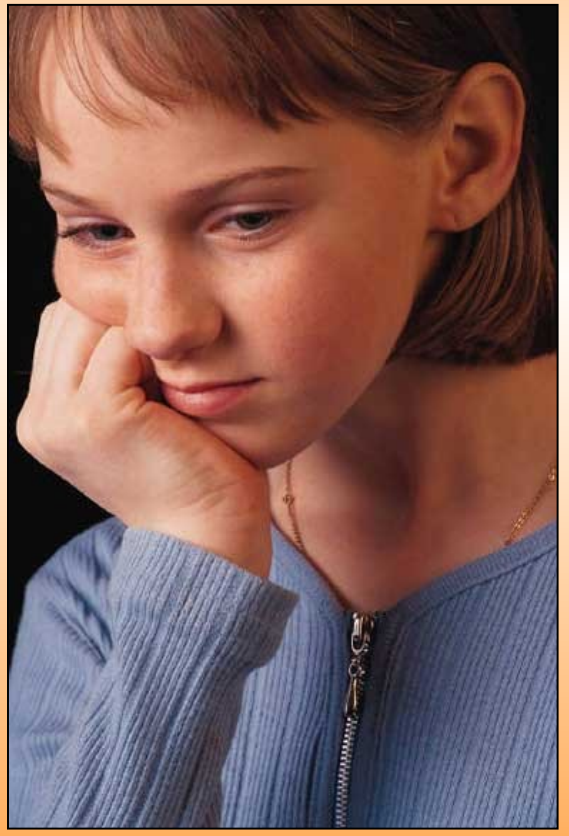
- ☑ Who is at Risk of Getting HIV?
- ☑ How Is HIV Transmitted?
- ☐ **How Will HIV Affect My Life?**
- ☐ How Can I Avoid Getting HIV?

How Will HIV Affect My Life?

INTRODUCTION

Your world will be forever changed:

- **Personally**
- **Professionally**



How HIV Can Affect My Life…

PERSONALLY

HIV will impact your:

- **Health**
- **Relationships**
- **Family**

How Will HIV Affect My Life?

PERSONALIY

- Your <u>health</u> will be affected.

"I don't feel like doing anything. . .because I'm so fatigued from these meds that they give me."

- HIV positive Sailor

How Will HIV Affect My Life?

PERSONALLY

- **Your sexual <u>relationships</u> could be affected.**

- **You *must*:**
  - **Inform past and current sex partners about your HIV status so they may be tested**
  - **Inform any potential new sex partner about your HIV status *before* intimacy**
  - **Use a condom or abstain from sex**

How Will HIV Affect My Life?

PERSONALLY

- **Your relationships with your <u>family, friends, and colleagues</u> may be affected.**

"I haven't told my family yet because I just don't want to worry them. My folks are old, and they don't need to worry about this right now. I know that this would be very disappointing to them."

- HIV positive Sailor

How Will HIV Affect My Life?

PROFESSIONALLY

- **Your career will be affected:**
  - **Assigned only to non-deployable billet**
  - **Assigned only to non-FMF units**
  - **CONUS, Hawaii, Alaska**
  - **No commissioning opportunities**

- ☑ Who is at Risk of Getting HIV?
- ☑ How Is HIV Transmitted?
- ☑ How Will HIV Affect My Life?
- ☐ **How Can I Avoid Getting HIV?**

How Can I Avoid Getting HIV?

INTRODUCTION

- ***HIV is preventable!***
- ***Know the facts***
- ***Act on these facts***
- ***Reduce your risk of getting HIV.***

How Can I Avoid Getting HIV?

DELAY SEX

- **One way to avoid getting HIV is to say "no" to sex or delay sex until another time in your life.**

How Can I Avoid Getting HIV?

Outercourse rather than Intercourse

- **You can show affection without having sex**
  - **Outercourse is anything that is non-penetrative**
  - **For example: hugging, kissing, massage, holding hands, love letters, phone calls**
- **Outercourse is much safer than intercourse**

How Can I Avoid Getting HIV?

PRACTICE MONOGAMY

- Only have sex in a long-term, mutually monogamous relationship.

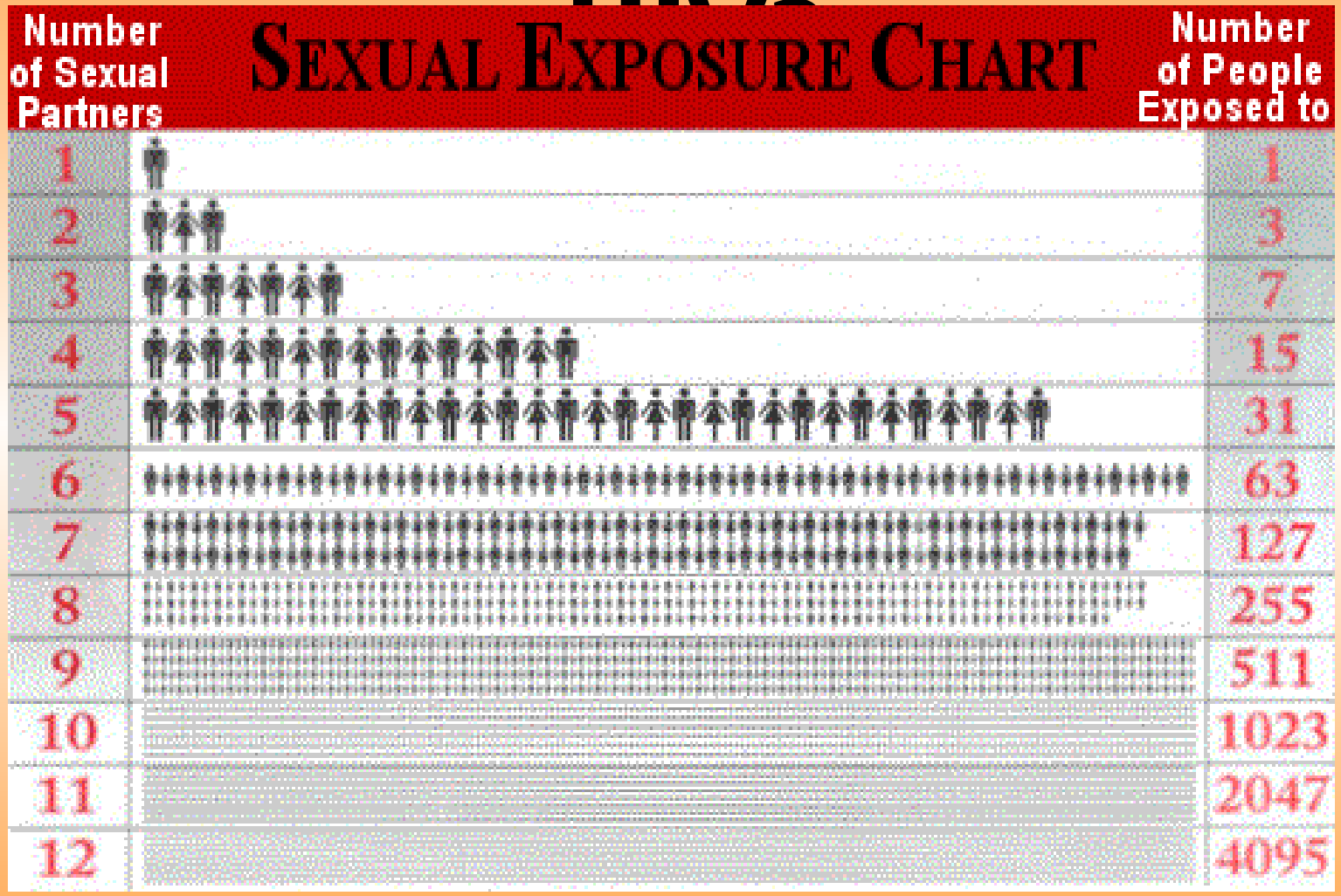
- For this to wo
  both partners
  must be faithf

How Can I Avoid Getting HIV?

- **A monogamous relationship should be long term and well-established.**
  - **Some people have monogamous relationships with every person they date … but their relationships are short term**
  - **These people may think they are “safe”, but THEY’RE NOT!**
- **Numerous short-term relationships involving unprotected sex (even if they are monogamous) = exposure to many people over time**

PRACTICE MONOGAMY

How Can I Avoid Getting



How Can I Avoid Getting HIV?

PRACTICE MONOGAMY

- **Don't make the mistake that so many couples do and use a condom only the first time and then stop because "you're a couple now."**

How Can I Avoid Getting HIV?

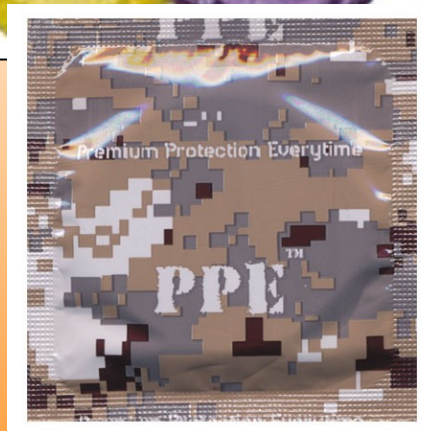
PRACTICE MONOGAMY

- **Continue using condoms until your new relationship has had time to develop into one of mutual trust.**
- **Then, consider getting tested for HIV together.**

How Can I Reduce My Risk of Getting HIV?

USE CONDOMS CORRECTLY AND EVERY TIME

- **If saying no to sex and monogamy are not right for you at this time in your life, you can reduce your risk:**
  - **always have condoms readily available, and**
  - **use a condom *correctly* <u>*every time*</u> you have sex.**



How Can I Reduce My Risk of Getting HIV?

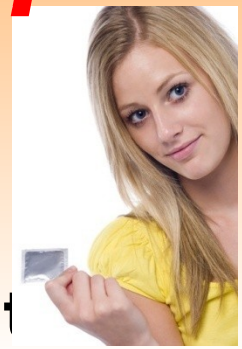
USE CONDOMS CORRECTLY AND EVERY TIME

- Condoms require some advance planning.
- Male or female, if you are sexually active:
  - have condoms with you;
  - *your* health is *your* responsibility.

How Can I Reduce My Risk of Getting HIV?

USE CONDOMS CORRECTLY AND EVERY TIME

Always:



- **Use a new condom for each act of vaginal, anal, or oral intercourse**
- **Put the condom on *before* penetrat**
- **Unroll the condom by pinching the tip of the condom to create space at the tip**
- **Do NOT use oil-based lubes like Vaseline or baby oil with latex condoms**
- **After ejaculation, hold the condom firmly at the base of the penis and withdraw while erect**

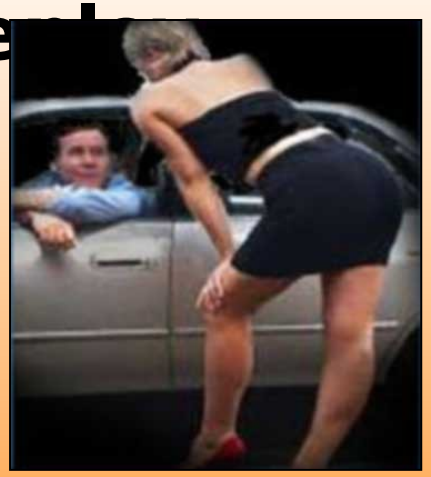
How Can I Reduce My Risk of Getting HIV?

In addition to using a condom, reduce risk by:

- **Having sex with fewer people**
- **Avoiding high-risk partners**
  - **people who accept money for sex**
  - **People who may have had multiple partners**
- **Avoid highest risk sex acts**
  - **Riskiest is unprotected, receptive anal sex**

How Can I Reduce My Risk of Getting HIV?

- Marines are becoming infected with HIV on deployments through contact with prostitutes
- HIV is rampant in Africa and Asia, areas where Marines frequently de
- Don’t trade money for sex!



How Can I Reduce My Risk of Getting HIV?

- Overseas tattoos
  - Getting a tattoo overseas can be as dangerous as unprotected sex
  - 2011 – Bali
  - Other precautions
    - Gloves
    - Sterile equipment
    - Autoclave

How Can I Reduce My Risk of Getting HIV?

- Alcohol clouds your judgment, making you susc… bad decisions.

- Avoid or limit yo… drinking to keep … clear head so yo… can stick to your … HIV-prevention p…

Summary of Risk Reduction Options

You can <u>eliminate</u> HIV risk:

- **Delay sex until another time in your life**
- **Have outercourse rather than intercourse**
- **Practice monogamy with an uninfected partner / be faithful**

You can <u>reduce</u> HIV risk:

- **Use a condom every time**
- **Have sex with fewer people & with people who have not have many partners**
- **Don’t trade money for sex**
- **Avoid high risk sex acts**
- **Be vigilant in getting tattoos**

Remember:

- **Anyone can get HIV, especially those who are sexually active**
- **If you get HIV, your personal life and career change forever**
- **HIV is preventable**
- **Your choices determine your risk of getting HIV**

Summary

- Who is at Risk of Getting HIV?
- How Is HIV Transmitted?
- How Will HIV Affect My Life?
- How Can I Avoid Getting HIV?

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